

K-State Research and Extension

NEWSLETTER

Doniphan County

November/
December 2024

www.doniphan.k-state.edu

4-H NEWS

Doniphan County Extension Services

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K-State Research &
Extension /4H in
Doniphan County

Welcome Back to 4H Online! Kansas 4H welcomes you to another year of convenient online enrollment!

Visit: <https://v2.4honline.com/>

Please enroll by November 30, 2024

**Enrollment will stay open throughout the winter but after November 30th points will no longer be earned for your clubs Standard of Excellence.

*Be sure to use the enrollment code to get your FREE enrollment fee that can be used till November 30th 2024

4H ACHIEVEMENT NIGHT will be Sunday, November 24th at 6:00 p.m. We will have a catered supper, leaders please bring desserts.

Achievement Night Club Duties:

Set Up & Table Decorations—Wathena Sunflower, Highland Cloverpatch

Drinks –Doniphan Star, Circle B

Clean Up – Bendena, Midway Meadowlarks, Troy Triangle

19th ANNUAL ICE SKATING PARTY

4-H County-wide Ice Skating Party will be on **FRIDAY, December 27th** at Bode Ice Arena in St. Joseph, MO.

We have the skating rink from 6:00-8:00 p.m. The 4-H Council will pay for the rink and the \$2 skate rental for those skating.

A refreshment table will be set up.

Snacks: Circle B, Troy Triangle and Midway Meadowlarks

Drinks: Wathena Sunflower, Bendena, Doniphan Star and Highland C.

All 4-H families are welcome at this event.

Please Remember - all 4-H children skating must have completed the on-line enrollment, that includes participation forms.

*If they bring a guest, the parent must be in attendance or a participation form filled out and signed by the guests parent.

2025 4-H COUNCIL OFFICERS

President - Sarah Houghton

Vice-President - Hayleigh Cluck

Secretary - AnnaMaria Root

Treasurer - Gracie Juhl

Parliamentarian - Ally Ellsworth

Reporter - McKenna Gatz

Historian—Grant Boos

Congratulations! We are proud of you for stepping up and being 4-H Youth Leaders!





K-State

Research and Extension

Doniphan County Office

P.O. Box 487

105 S. Liberty

Troy, KS 66087-0487

November/December 2024

Dear Friends,

Cold & windy, turkey & dressing, friends & family; the holidays are fast approaching! We wish all of you a Joyful and Wonderful Holiday Season!

Sincerely,

Kathy Tharman

County Extension Director



ON-LINE ENROLLMENT BEGINS OCTOBER 1!!

Kansas State 4-H will be continuing on-line enrollment for the **new 2024 - 2025 4-H enrollment year.**

What you need to know now:

*You cannot start the 2024 enrollment **until October 1st.**

*Please re-enroll, on-line by November 30th.

*Each 4-H family will be submitting one enrollment, listing children and their projects

* *Kansas Participation forms will be part of the online system.*



2024- Kansas 4-H has a \$15 enrollment fee for each

4-Her. The fees will be used for program

enhancement, project support, and volunteer development. While the funds are collected at the state level, the state office intends to get input from counties across the state to set priorities for the funds, to ensure that everyone benefits.

**4-H STIMULUS PACKAGE!!
EARLY BIRD SPECIAL! 4-H COUNCIL IS
PAYING ALL ENROLLMENT FEES FOR
THOSE WHO ENROLL BY
NOVEMBER 30TH
YOU WILL HAVE TO CALL THE
OFFICE TO GET THE WAIVER CODE!**

Paying for the fee is done during annual re-enrollment on 4-H Online. Towards the end of the enrollment process, you will be asked how you intend to pay. Options list: use a credit or debit card online, mail in a check to the state office, **no fee (for Cloverbuds)**, request a waiver, or **USE A COUPON CODE IF SPONSOR IS paying your fee.** (ONLY FOR THOSE WHO ENROLL EARLY, BY November 30th.)

Our office will send a check in for all enrolled. Both the local and state offices approve enrollment, and enrollment is not complete

(you won't be an "active" member) until payment is received.

The 4-H Year begins October 1st, 2024. National 4-H Week is the first week of October. What a wonderful time to ask a friend to join the Doniphan County 4-H

2024 4-H FALL INVITATIONAL WILL BE HELD ON OCTOBER 2nd and 3rd .

We will need 4-H members to bring to the building inside exhibits to be displayed. Please bring them to the office or the 4-H building on Tuesday October 1st from 4-7 p.m

*If you would like to do a demonstration during the rotations, please talk to Kathy.

*This event will be open to all Doniphan Public Schools, ages K-5.

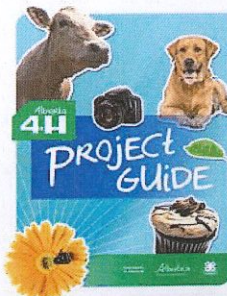
Doniphan County 4-H Club Officer's Training

Please mark your calendar for October 21st at 6:00 p.m. at the 4-H Building. Learn and have tons of fun, so make sure your officers can make it!

4-H PROJECT GUIDE

<https://www.kansas4-h.org/projects/project-guides/ProjectSelectionGuideColor.pdf>

Exploring your interests through 4-H project work is an excellent way to discover new skills and potential careers. While projects can vary depending on your local program and availability, this guide offers a starting point for each of the official state 4-H projects. Resources for each project can be ordered through your county or district



extension office.

Enjoy your 4-H project experience!

CALLING ALL 4-H'ERS IN THE COUNTIES OF: ATCHISON, BROWN,
MEADOWLARK EXTENSION DISTRICT (JACKSON/JEFFERSON/NEMAHA),
DONIPHAN & LEAVENWORTH

JOIN THE 4-H JUDGING CONTEST

Regional 4-H Judging School/Contest

When: Saturday, December 14, 2024

Time: 9:00-Noon

Where: Blue Building

305 Main St., Effingham, KS

(White)	
CONTESTANT	A 1-2-3-4
Number <u>300</u>	B 1-2-4-3
<i>Chris Clover</i>	C 1-3-2-4
	D 1-3-4-2
	E 1-4-2-3
	F 1-4-3-2
	G 2-1-3-4
	H 2-1-4-3
	I 2-3-1-4
KANSAS	J 2-3-4-1
4-H JUDGING CARD	K 2-4-1-3
	L 2-4-3-1
	M 3-1-2-4
Class No. _____	N 3-1-4-2
Class Name _____	O 3-2-1-4
<i>Steers</i>	P 3-2-4-1
	Q 3-4-1-2
	R 3-4-2-1
	S 4-1-2-3
	T 4-1-3-2
	U 4-2-1-3
	V 4-2-3-1
	W 4-3-1-2
	X 4-3-2-1
REASON SCORE _____	

Open to all 4-H'ers in the above mentioned counties.

Come learn how the 4-H Judging Contest works!

- We will show you how to properly fill out the judging cards/papers, what to look for in a contest and go over the results right after.
- We will walk you through the following judging contest:
 - FCS (Family & Consumer Science)
 - Photography
 - Horticulture
- Register at https://kstate.qualtrics.com/jfe/form/SV_d4NIRIHgSTMf50e or by using this QR code.



snacks
Provided

K-STATE
Research and Extension



Prizes awarded to the top
contestants in each contest
and age division!

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Taylor Lee with Atchison Extension office two weeks prior to the start of the event (November 24) at 913-330-0050 or taylorlee@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Upcoming Events of Interest:

- Nov 21st – KSU Swine Day @ Manhattan
- Dec 7th – Leavenworth Livestock Judging Clinic and Contest @ Tonganoxie
- Dec TBD –K-State Agronomy Specialist Visit @ Doniphan County

Upcoming Youth Livestock Events:

Check out our Facebook page for more updates and information. Please see the attached save the dates for 4-H families interested in the Horse Panorama and K-State Junior Producer Days:

2025 Women in Ag Series: Farm Transitions

Katharine Sharp, Doniphan County Extension

This four-part succession planning workshop is produced through a partnership by extension women in agriculture programs at Kansas State University, the University of Nebraska – Lincoln, and Purdue University. This workshop series is not just for women, but also men that are interested in this topic area.

Each session will be held at sites across Kansas, Nebraska, and Indiana. Each of the four sessions will be a 90-minute keynote presentation, and a 45-minute hands on activity to motivate participants to create farm succession plans and conduct family and business conversations around this vital topic.

Main topics include:

- **Motivation** for succession planning
- **Communication** for succession planning
- **Financial** aspects of estate and transfer plans
- **Legal** aspects of putting your plan in place

I will be working as the host agent with Brown County agent, Matt Young. We will be hosting all 4 nights in Highland, KS to reach both Doniphan and Brown County residents interested in participating in this program. Please pencil these dates in your calendar if you are interested and be on the look-out for more information regarding this program:

- **January 21st**
- **January 28th**
- **February 4th**
- **February 11th**



KANSAS 4-H HORSE PANORAMA
SAVE THE DATE!!
FEBRUARY 22-23, 2025
ROCK SPRINGS

Save the date! Registration information coming soon!!!

Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.

K-STATE Research and Extension



Save the Date!
2025 K-State Junior Producer Days

K-STATE Research and Extension

Swine - March 7

Goat - March 22

LYP



2024 Doniphan County Corn Variety Plot Test Results

Katharine Sharp, Doniphan County Extension

Thank you to all of the participants and volunteers from this year's 2024 Corn Variety Plot. We had a great harvest on September 9th. We had a great turn out on August 27th for the Doniphan County Corn Plot Field Day. I look forward to the new year with a potential soybean variety plot in 2025. The results are as posted:

DONIPHAN COUNTY CORN VARIETY PLOT RESULTS – 2024

BRAND	VARIETY	ENTRY ORDER	MATURE AGE	ROWS		HARVEST WT.	% MOIST.	TEST WT.	ACTUAL YIELD ¹	ADJ. YIELD ¹	RANK	
				NO.	LENGTH							
Brevant	B16K30PCE	15	116	4	665	2596	18.9	58.9	289.7	-	1	
Brevant	B13C49PCE	5	113	4	662	2498	18.3	58.0	282.1	-	2	
Channel	215-15SSPRIB	11	115	4	662	2484	19.5	57.1	276.4	-	3	
Renk	RK 921 55TX	18	116	4	665	2500	20.3	60.3	274.2	-	4	
AgriGold	646-30VT2RIB	16	116	4	665	2428	18.0	58.8	274.0	-	5	
Dyna-Gro	D 56 TC 44 RIB TRE	17	116	4	665	2480	19.9	57.9	273.4	-	6	
Croplan	CP5497VT2P/RIB	8	114	4	662	2404	17.8	58.6	273.2	-	7	
Dekalb	DKC 111-35VT2PRIB	1	111	4	660	2350	16.3	59.4	272.7	-	8	
Dekalb	DKC 65-95	CHECK - OUTER	115	4	660	2386	17.6	59.0	272.6	-	-	
NC +	NC 12-48	2	112	4	660	2388	18.0	57.8	271.5	-	9	
	DGVT2PRIB											
Becks	6574V2P	12	115	4	662	2366	17.5	59.4	269.8	-	10	
NC +	NC 13-50	4	112	4	661	2360	17.6	57.9	269.2	-	11	
	D55PRORIB											
Taylor	6015 TRE	9	115	4	662	2376	18.2	59.3	268.7	-	12	
Renk	RK 832_SSPro	3	112	4	661	2340	17.1	58.9	268.6	-	13	
Becks	66925X	20	116	4	670	2470	20.4	57.5	268.5	-	14	
DeKalb	DKC 66-D6TRERIB	19	116	4	670	2412	18.7	58.0	267.8	-	15	
Dyna-Gro	D 55 VC 80 VT2P	10	115	4	662	2404	20.1	56.7	265.5	-	16	
	RIB											
Dekalb	DKC 65-95	CHECK - OUTER	115	4	670	2368	18.4	60.4	263.9	-	-	
Taylor	EXP A-114 VT2P	6	114	4	662	2310	17.5	60.5	263.4	-	17	
Dekalb	DKC 65-95	CHECK - INNER	115	4	662	2336	18.6	59.3	262.9	-	-	
AgriGold	645-16VT2RIB	13	115	4	662	2344	20.5	56.8	257.6	-	18	
Croplan	CP5550VT2P/RIB	14	115	4	665	2250	17.6	58.0	255.1	-	19	
Channel	214-40VT4PRIB	7	114	4	662	2236	17.7	57.1	254.4	-	20	
PLOT AVERAGES (INCLUDES INNER CHECK ROWS):							18.5	58.4	269.5	-		
¹ Yield = Bushels per acre corrected to 15% moisture												
WEIGHED BY: BECKS HYBRIDS												

Upcoming K-State Agronomy Specialist Visit to Doniphan County

Katharine Sharp

I have been in coordination with other nearby northeast Kansas county agriculture agents, and we are in the planning stages to bring extension specialists in agronomy to our area of the state. If you are interested in attending, and have some topic areas you would like to see covered prior please call me at the Doniphan County Extension Office at (785) 985 3623. We hope to see you in a few weeks!



**Thank You for all the kindnesses you give.
Your thoughtful words, kind acts and
generous gifts of time, make a difference. I
wish all of you a Happy Holiday Season!**
Kathy ♡

Holiday Dollars-Six tips to keep spending down and feel in control:

1. Set a holiday budget and keep track of what you spend. Include all expenditures, not just the cost of gifts. Figure costs of food, entertainment, decorations, travel expenses, holiday cards and postage as well as the cost of new clothes for the season. If possible, look at how much you spent last year to help set your budget.
2. Decide how you will cope with stress. Taking a short walk or putting on some music at home to dance to will help burn calories and clear your mind.
3. Plan whenever you can. If you are going to make cookies or donate cookies, select a family favorite, double it and put the extras in the freezer to keep them fresh and have them available for family gatherings.
4. Avoid impulse shopping. Start shopping far enough in advance, so you will not be pressured to buy the first item you see in the store or catalog. This allows you to compare similar items and take advantage of sales.

5. If entertaining family and friends consumes a large part of your holiday budget, consider pot luck dinners or plan the menu and divide the preparation among the people attending instead of shouldering all the work and expense yourself.

6. Help keep your family and yourself from getting sick by encouraging everyone to wash hands before meal preparation and eating, cooking foods to proper temperatures, keeping foods at the proper temperature and avoiding cross contamination.

<https://extension.msu.edu/newsletters>

**The 2025 Women Managing the Farm
Conference will be held in Manhattan, KS
on February 12-14, 2025. The theme is
Forging the Future.**

**This conference is for women to gain
resources and training for today's farm or
ag business. It is a great opportunity to
make connections with like minded farm
women.**

**Learn more and sign up for email
updates at**

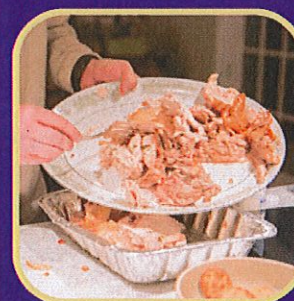
<https://womenmanagingthefarm.com/>.

Leftovers: The Best Part!

Store leftovers within 2 hours of serving

Divide into small portions, place in shallow containers,
the refrigerate or use within 4 days.

Freeze for longer storage.



Use in soup,
sandwiches
and more!



HYPERTENSION AWARENESS AND PREVENTION PROJECT (HAPp) Self-Monitored Blood Pressure and Nutrition Education

What is HAPp?

HAPp blends the American Heart Association awareness campaigns with CC Healthy Heart Ambassador Blood Pressure Self-Monitoring Program. HAPp will include blood pressure and nutrition education.

HAPp Extension agents (Kathy Tharman) are trained Healthy Heart Ambassador coaches who close the loop on referrals by encouraging participants to share blood pressure readings with their healthcare team.

Participants use blood pressure tracking to inform lifestyle change.

HAPp Extension programs offer walk-in office hours in convenient and accessible locations (Doniphan Extension office).

WHO IS ELIGIBLE?

- *Age 18 or older
- *Hypertension diagnose or on anti-hypertensive medicine
- *Interest in and readiness for the program

All HAPp activities are conducted by a KSRE agent trained as a Healthy Heart Ambassador Coach.

GOALS:

- *improve hypertension health literacy
- *become advocates for their own health
- *Help participants to make connections between lifestyle/behavior and their blood pressure readings.
- *Connect with community resources
- *Cooperate with their providers for blood pressure readings.

DONIPHAN COUNTY HAPp Program will begin January 14th 2025
at the 4-H Building in Troy KS.
5:00 p.m. One hour time commitment

We will meet once a month on the 2nd Tuesday for four months; January - April.
*You will receive a free blood pressure cuff and nutrition education.
You must commit to the program for the four months. You will attend a one hour monthly lesson plus check in with Kathy to discuss your program progress.

**CLASS LIMIT OF 15
No Cost**

Register by calling the Doniphan County Extension office,
785-985-3623.

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